

**Carrington Junior School PHSE 2024-25**

**Relationships**

**Living in the Wider World**

**Health and Wellbeing**

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Year Three</b>	<p><b>How can we be a good friend?</b> Friendship, making positive friendships, managing loneliness, dealing with arguments.</p> <p><b>What keeps us safe?</b> Keeping safe, at home and school, our bodies, hygiene, medicines and household products.</p>	<p><b>What are our families like?</b> Families, family life, caring for each other.</p> <p><b>What makes a community?</b> Community, belonging to groups, similarities and differences, respect for others.</p>	<p><b>Why should we eat well and look after our teeth?</b> Being healthy, eating well, dental care.</p> <p><b>Why should we keep active and sleep well?</b> Being healthy, keeping active, taking rest.</p>
<b>Year Four</b>	<p><b>What strengths and interests do we have?</b> Self-esteem, self-worth, personal qualities, goal setting, managing setbacks.</p> <p><b>How do we treat each other with respect?</b> Respect for self and others, courteous behaviour, safety, human rights.</p>	<p><b>How can we manage our feelings?</b> Feelings and emotions, expression of feelings, behaviour.</p> <p><b>What jobs would we like?</b> Careers, aspirations, role models, the future.</p>	<p><b>How can our choices make a difference to others and the environment?</b> Caring for others, the environment, people and animals, shared responsibilities, making choices and decisions.</p> <p><b>How can we manage risk in different places?</b> Keeping safe, out and about, recognising and managing risk.</p>
<b>Year Five</b>	<p><b>How can we help in an accident of emergency?</b> Basic first aid, accidents, dealing with emergencies.</p> <p><b>What decisions can people make with money?</b> Money, making decisions, spending and saving</p>	<p><b>What makes up our identity?</b> Identity, personal attributes and qualities, similarities and differences, individuality, stereotypes.</p> <p><b>How can friends communicate safely?</b> Friendships, relationships, becoming independent, online safety.</p>	<p><b>How can drugs common to everyday life affect health?</b> Drugs, alcohol and tobacco, healthy habits</p> <p><b>How will we grow and change? – inc SRE</b> Growing and changing, puberty</p>

<b>Year Six</b>	<b>How can we keep healthy as we grow?</b> Looking after ourselves, growing up, becoming independent, taking more responsibility.	<b>How can the media influence people?</b> Media literacy and digital resilience, influences and decision making, online safety.	<b>What will change as we become more independent? – inc SRE and secondary transition</b> Different relationships, changing and growing, adulthood, independence, moving to secondary school.
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